

# WHAT AN ANGRY CHILD NEEDS TO HEAR



## I CAN SEE THIS IS HARD FOR YOU

- Tells the child they have your attention
- Acknowledges the child expressing their feelings
- Validation and acceptance of their emotions



## I CARE ABOUT HOW YOU FEEL

- Tells the child that you are present
  - Acknowledges the child's feelings
  - Demonstrated compassion
- Opportunity of deeper connection



## IT IS OK TO FEEL ANGRY

- Tells the child that all feelings are ok
- Acknowledges the child's feelings
- Gives the child acceptance of feeling angry



## EVEN WHEN YOU FEEL YOUR WORST I LOVE YOU

- Tells the child that you will love them no matter how they feel or behave
  - Creates a safe environment
- Deepens connection and builds trust
  - Demonstrated unconditional love



## I AM HERE FOR YOU

- Tells the child that all feelings are ok
- Demonstrates compassion
- Deepens connection and builds trust



# ANGER ICEBERG

WHAT  
PEOPLE SEE

ANGER

WHAT PEOPLE  
DON'T SEE

- |              |            |
|--------------|------------|
| Sadness      | Hungry     |
| Disappointed | Insecure   |
| Lonely       | Anxiety    |
| Overwhelmed  | Stress     |
| Embarrassed  | Threatened |
| Hurt         | Tired      |
| Helpless     | Scared     |
| Pain         | jealous    |
| Frustrated   | Guilt      |
| Grief        | Shame      |

Anger is an emotion that tends to be easy to see. However, anger is often just the tip of the iceberg. Other emotions may be hidden beneath the surface.

